



**Track & Field 2015  
Parent Meeting  
Agenda**

Welcome

Age Groups

Age division is determined by USATF a national organization. Age is determined by birth year and not by birth date.

Age Divisions:

2007-2008

2005-2006

2003-2004

2001-2002

Shoes

Spikes are not necessary. Athletic shoes are required. Your child will not be allowed to run or participate in open toed shoes.

Clothing

Athletic Clothing: Dress for the weather, absolutely no jeans.

Safety and Health

Water Bottle

Sunscreen

Medical Conditions: Please inform track coaches if there are any medical conditions the track coaches need to know about that your child may have.

Volunteers

If you would like to help at a track meet please let Summer know.

April 27<sup>th</sup> and June 3<sup>rd</sup> are our track meets we host at Lehi HS. We will really need help at these meets.

Hershey Track Meet

Hershey is no longer sponsoring the Hershey Track and Field program.

Practices

Times

4:00 – 5:00 PM; Ages- 2007-2008 All & 2005-2006 Boys

5:00 – 6:00 PM; Ages- 2005-2006 Girls, 2003-2004 All, and 2001-2002 All

Age groups

Stay in your age group. It is difficult for coaches to try and accommodate different ages and skill level.

Parents

Please do your best to stay at practice, especially the younger age groups. It is an open area with a lot of kids running around. Parents are encouraged to help keep track of their kids.

Bathrooms

There will be no bathroom access during practices. The school will be closed.

Weather

Practice will NEVER be rescheduled. If a dangerous storm comes through we will seek shelter and then resume practice when the storm blows over. Parents are strongly encouraged to be at practices when weather may be an issue to provide a car for shelter for their kids.

## Track Meets

Track Season Schedule (Refer to season schedule)

Order of events (Refer to Order of Events)

### Registration & Track Meet

Registration begins at 4:45 PM. At registration you will receive stickers that you will write the events you want your child to participate in. We will hand these out at the practice preceding the track meet to alleviate congestion at the registration table. If you receive your stickers at practice you will not need to check in at the registration table the day of the meet. Stickers MUST be put on participant's shirt so they can give them to those who ask for them before their event. After registration you and your child will sit in the stands until your event is called. Your child will then check in at the bull pen to get assigned for the race. The bull pen is located at the starting line for the event. Parents please stay in the stands but make sure your child knows where to go. Also make sure your child knows how to find you after the race. For field events most often they will be open pit. When your child is not racing they can go down and check in at the field event and participate. Races take precedence over field events. We can wait for your child at a field event but we will not hold up a race waiting for a runner. Remember that our track coaches will be helping to run the track meet and will not necessarily be available to help individual participants. Please make sure you are taking responsibility to make sure your child is at their events at the right time. All racing events will have a 1<sup>st</sup>, 2<sup>nd</sup>, & Final Call.

If you have any questions about practices or meets Summer will be glad to help.

### Relays

If your child wants to participate in a relay team you must first talk to Summer to get that team organized at practice BEFORE the day of the track meet.

### Safety

At track meets keep track of your kid. Coaches will be helping with events and will not be responsible to make sure your child is at their event.

Keep your kids away from the starter. The gun used looks and feels like a real gun. Kids will be curious but please do not allow them to approach the starter.

### Results

Please allow up to 4 days for results to be posted.

### Weather

Decisions to cancel the track meets will be made a half hour before the meet, no sooner and no later. To find out if a meet has been canceled you can:

Call the Legacy Center at 385-201-2000 ext. 5

## Track Coaches

Recreation Coordinator

Heston Williams

Head Track Coach

Summer

Track Coach

Asa

Track Coach

Kaylee

Track Coach

Kellie

Track Coach

Lacey

Track Coach

Parker

Track Coach

Rachel

Track Coach

Sierra

Track Coach

Spencer

## How to Contact

385-201-2312 or [hwilliams@lehi-ut.gov](mailto:hwilliams@lehi-ut.gov)

801-836-7069 or [summer.gurney@gmail.com](mailto:summer.gurney@gmail.com)